each central zone being resistant to deformation under torque and including a central spine having a stabilizing element and a piercing member, each central zone being connected to the pair of twistable zones at the central spine by way of central zone junctions, the piercing member projecting from one side of the closed member and the stabilizing element projecting from an opposite side of the closed member, the piercing member being reoriented, driven by torsional energy stored in the closed member, to engage tissue when the closed member is released from the torsionally strained state, the stabilizing element extending beyond any interconnection to a twistable zone,

each interconnecting zone being radially displaced from the central zone junctions in the planar configuration and axially displaced from the central zone junctions in the cylindrical configuration.

14. The device of claim **13**, wherein the closed member has a shape selected from the group consisting of: a circle, an ellipse, an oval, a rectangle, a triangle, a square, and a polygon.

15. The device of claim **13**, wherein, when released from the torsionally strained state, torsional energy stored in the device causes the device to substantially revert to the relaxed state.

16. The device of claim **13**, wherein the twistable zones include a super-elastic material.

17. The device of claim **13**, wherein, in the relaxed state, the piercing member projects into the central area.

18. The device of claim **13**, further including barbs protruding from the piercing member.

19. The device of claim **13**, wherein the closed member further includes a plurality of interconnecting zones and a plurality of central zones.

20. The device of claim **13**, wherein the piercing member includes a tissue stop member protruding from the piercing member for imparting a compression force to tissue engaged by the piercing member.

21. The device of claim **13**, wherein each interconnecting zone is radially displaced inwardly from the central zone junctions in the planar configuration.

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